



यथा दृष्टि तथा सृष्टि

प्रारंभ



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By **Shri N. N. Pandey**  
Retired IAS Jharkhand

# EDITORIAL

## A New Season of Hope and Harmony

Dear Readers,

### A New Season of Hope and Harmony

As we step into May 2025, we are reminded that each month offers not just the turn of the calendar, but a chance to revisit our collective values, commitments, and vision for a more inclusive and compassionate society. This issue of PRARAMBH brings together voices and insights from a wide spectrum of thought leaders who help us explore the changing contours of senior life in India—its challenges, transformations, and opportunities.

Our lead feature on **Job Openings for Seniors** addresses the persistent yet evolving need for post-retirement engagement. In a world that often overlooks the potential of older adults, our ongoing efforts to facilitate meaningful employment for seniors under the “Senior Jobs” initiative seek to restore dignity, purpose, and socio-economic inclusion in their lives.

**Dr. Sachindra Narayan**—our guiding light and source of inspiration—offers a thought-provoking piece on **Financial Security and Aging**, drawing upon decades of socio-economic insights. As the population of elders continues to rise, this article provides a roadmap for designing resilient and just economic policies that empower our seniors, not burden them.

Health remains central to quality aging. In her insightful article, **Ms. Swayam Siddha Dash** presents a dual-edged perspective on senior well-being, combining medical and lifestyle approaches that seniors can integrate into their daily lives to live longer, happier, and healthier.

From the lens of peace-building and human dignity, **Mr. Vedabhyas Kundu** and **Ms. Munazah Shah** remind us of the urgent need for **Human Interdependence Literacy**—a visionary concept to rebuild the crumbling bridges of trust and togetherness. In an era marked by fragmentation and divisiveness, fostering human connection is not just idealistic—it is essential.

**Mr. Narayan S Kumar** reflects on the transformation of social behaviors in the age of algorithms, with a sharp look at **social media and AI**. How do these tools shape our identities

and interactions? And what does that mean for seniors who are just entering the digital world?

As we celebrated **Earth Day** this April, **Ms. Savita More** brings a refreshing perspective: the vital role of elders in environmental conservation. Their wisdom, frugality, and time-tested practices can teach us to live sustainably in harmony with nature.

In the spirit of empowerment through information, **Mr. Prakhar** unpacks the changes in **ATM withdrawal charges** post-May 1, 2025, equipping our readers—especially seniors—with practical financial knowledge. Similarly, **Ms. Shanya More** curates a vibrant list of **Important National and International Days** in May, reminding us of the rich diversity of global commemorations and their relevance to the senior community.

Our monthly highlight remains the dynamic work undertaken by the Society For Empowerment. This May, we organized an **Online Round Table on “Dynamics of Social Change and Waning Basic Social Institutions,”** which brought together scholars, practitioners, and thought leaders to examine how to preserve the foundations of society amidst rapid change. We are also successfully running **Yoga classes in Ahmedabad under the guidance of Ms. Malti Dawe**, emphasizing physical and mental well-being for elders.

Adding a feather to our cap, **the Bihar Sociological Society, Magadh University**, bestowed the **Lifetime Achievement Award** upon our Honorable Chairman, **Dr. Sachindra Narayan**, recognizing his lifelong contributions to academia and social empowerment.

As always, **PRARAMBH** remains committed to being a platform where voices of seniors are heard, where knowledge meets action, and where each step forward is taken with empathy and purpose.

Let us continue this journey with strength, resolve, and joy.

**Shri N. N. Pandey** Editor,  
प्रारंभ

May 2025

# JOB OPENINGS FOR SENIORS

A Unique Initiative For Seniors wherein the Job Openings for the Seniors above Age of 50 is delved out for their information knowledge and competitiveness.



For Senior Jobs visit [https://www.sfe.org.in/job\\_search.php](https://www.sfe.org.in/job_search.php)

- Advisor-Telecom Regulatory Authority of India Max Age Upto 58 Years- Position in Kolkata  
<https://www.trai.gov.in/sites/default/files/2025-04/Vacancy%20Circular%20in%20English.pdf>
- Consultant (Technical-1)- Delhi Pollution Control Committee (DPCC)- Max Age Upto 62 Years- Position in New Delhi  
<https://www.dpcc.delhigovt.nic.in/uploads/news/53ea606e2b0a30b9eed008c6f49a5981.pdf>
- Consultant (Public Relation)- Delhi Pollution Control Committee (DPCC)- Max Age Upto 62 Years- Position in New Delhi  
<https://www.dpcc.delhigovt.nic.in/uploads/news/53ea606e2b0a30b9eed008c6f49a5981.pdf>
- Visiting Scientist/Scientific Consultant/Subject Expert-National Centre for Medium Range Weather Forecasting- Max Age Upto 62 Years- Position in NOIDA
- Chairperson- Debts Recovery Appellate Tribunal- Max Age Upto 70 Years- Position in New Delhi  
<https://financialservices.gov.in/beta/sites/default/files/DRAT-Vacancy.pdf>
- Individual Consultant: Quality Control / Material Engineer (Civil)- RITES Ltd- Max Age Upto 63 Years- Position in Bengaluru  
[https://www.rites.com/Upload/Career/Re-adv\\_t\\_pdf-2025-Apr-24-17-50-11.pdf](https://www.rites.com/Upload/Career/Re-adv_t_pdf-2025-Apr-24-17-50-11.pdf)
- Consultant/Advisor- ONGC Videsh Ltd- Max Age Upto 64 Years- Position in New Delhi  
<https://ongcvidesh.com/wp-content/uploads/2025/04/Payroll-AdvertisementOVLCONSLT2025.pdf>
- Senior Expert / Expert- Damodar Valley Corporation (DVC)- Max Age Upto 70 Years- Position in Kolkata  
[https://www.dvc.gov.in/storage/app/hr/Advertisement\\_of\\_Sr\\_Expert-Expert\\_Generation\\_Distribution\\_and\\_Training\\_Development\\_\(1\).pdf](https://www.dvc.gov.in/storage/app/hr/Advertisement_of_Sr_Expert-Expert_Generation_Distribution_and_Training_Development_(1).pdf)
- Consultant "A"- Institute of Forest Productivity, Ranchi- Max Age Upto 70 Years- Position in Kolkata  
<https://www.icfre.org/vacancy/vacancy973.in%20webside%20for%20Consultant-A%20under%20KTPS-II.pdf>



# Financial Security and Aging



Dr. Sachindra Narayan

al and social imperative for building a more equitable and compassionate society.

Financial security plays a vital role in determining the health, happiness, and longevity of individuals, particularly as they age. However, in the rural areas where economic opportunities are limited, informal employment dominates, and access to structured financial systems is sparse—achieving financial stability in old age remains a distant dream for many.

The absence of steady income sources, job insecurity, and rising costs of living create a precarious situation, especially for older adults nearing retirement age—if they ever formally retire at all. Most rural workers, including those in agriculture, construction, or petty trade, operate outside the formal economy and are thus excluded from employer-backed pension schemes or structured retirement plans.

The institutional pillars that support financial security—such as social protection systems, pensions (both contributory and non-contributory), and personal savings—needs to be further strengthened.

Addressing financial insecurity in rural India requires a **multi-pronged approach**:

- Strengthening and expanding the reach of

**universal old-age pension schemes.**

- Improving **financial literacy and digital inclusion** to empower seniors to participate in government schemes and manage their savings.
- Enhancing **employment and livelihood opportunities** for the elderly, particularly through flexible, part-time, or home-based jobs.
- Encouraging **community-based savings groups** and micro-pension models tailored for rural contexts.

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# Health and Lifestyle: A Dual-Edged Perspective for Senior Well-being



**Ms. Swayam Siddha Dash**

Health-related issues, when viewed through the lens of lifestyle choices, can lead to either positive or negative outcomes. A lifestyle that embraces healthy habits often results in enhanced physical and mental well-being. On the other hand, unhealthy choices can contribute to the development of chronic conditions such as cardiovascular diseases, diabetes, and certain types of cancer. These contrasting outcomes highlight the urgent need for a broad, inclusive policy framework that supports individuals—especially senior citizens—in making rational, evidence-based decisions to optimize their health across their lifespan. The foundation of a healthy life is movement. Physical activity is not just beneficial; it is vital. An active lifestyle supports mobility, mental alertness, and emotional stability, which are crucial for seniors striving to maintain independence and a high quality of life. Unfortunately, the modern lifestyle has seen a sharp rise in obesity and sedentary behavior, particularly among the elderly population. These trends have reached alarming proportions, contributing to increased vulnerability to illness, reduced functionality, and poorer life satisfaction.

Evidence-based guidelines—grounded in scientific research and practical applicability—can empower individuals to make healthier choices. These guidelines serve as valuable tools, offering clarity amidst a flood of health information. They help seniors and their caregivers adopt effective strategies that not only prevent disease but also enhance vitality and resilience over time.

Encouraging healthy choices among the broader population calls for a culture of innovation. Public

health campaigns, community-based wellness programs, digital fitness tools, and personalized interventions must be designed and implemented with creativity and inclusiveness. However, it is equally important to address the structural barriers that perpetuate health inequities. Special attention must be paid to the disparities in health outcomes that arise due to race, socioeconomic status, gender, and education level. Only through a targeted and equitable approach can we ensure that health promotion efforts reach all segments of society.

Regular physical activities such as aerobic exercises (e.g., walking, jogging, cycling) and muscle-strengthening activities (e.g., resistance training, weightlifting) are particularly beneficial. These not only enhance cardiovascular health but also build muscular strength and endurance. Resistance exercises, in particular, are vital for improving health resilience and maintaining functional independence in old age.

Such exercises play a critical role in counteracting age-related conditions like **sarcopenia**—the progressive loss of muscle mass and strength—and **osteopenia**—the loss of bone density. Both conditions can severely impact mobility, balance, and overall health. By incorporating structured physical activity into daily routines, seniors can slow down these degenerative processes, reduce the risk of falls and fractures, and preserve their dignity and independence.

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# Human Interdependence Literacy:

## The path to nurture peaceful ecosystems to challenge fragmentation and divisiveness



**Ms. Munazah Shah**



**Vedabhyas Kundu**

Aaron Cramer's (2022) insightful article on what could be the strategies to resolve interconnected global challenges in a fragmented world delves on the role of different forces of 'great fragmentation' which are fueling 'deep societal divisions and inequalities' leading to conflicts and violence. While we see across societies around the world the ever growing deep divisions and inequalities, Cramer underlines some of the critical shared challenges which almost every society is facing: a) a just and inclusive energy transition to limit global warming to under 2°C; b) preservation of nature and ecosystems, including food systems, so people thrive; c) action to address income inequality; d) replacing systems thwarting racial and gender equity; e) protection of human rights, the rule of law and democracy.

Cramer argues that each force of fragmentation is powerful. The rise of hyper technological ecosystems are amplifying disinformation and spreading narratives of hatred. Cramer (2022) further points out, "There is then environmental collapse that exacerbates social tensions and political polarization, democratic decline, and

geopolitical splits that drive a wedge between and within countries. In addition, social changes that reflect both important progress and powerful backlash and rising economic precarity and inequity further fragment societies". Further when there is interconnection between these forces of fragmentation, it becomes all the more challenging to overcome such forces.

In the backdrop of the above arguments on how deep forces of fragmentation are exacerbating conflicts and narratives of divisions and intolerance, it is pertinent to explore different innovative approaches to promote the spirit of interdependence, promotion of solidarity footprints, coalition-building, and collaborative efforts.

One of the approaches that we are encouraging at different levels is developing our critical capacities to become human interdependent literate. This Conversation will delve at length how skills of human interdependent literacy can be a mantra to challenge the forces of fragmentation and divisiveness from the deepest levels.

**Munazah Shah:** Vedabhyas, as we start this

conversation, it would be worthwhile to share about our work on human interdependence literacy. Both of us could put together our concept of human interdependence literacy in our book, *The Joyful Talisman: Conversations on Human Values for a Joyful World*. Also as we start our exploration on how it helps to challenge the forces of fragmentation and divisiveness while countering the forces of hatred and intolerance, we would like to underline that spirit of being human interdependent literature has to start from the individual level then expand to family level, institutional level and finally to the societal level. In our book, we described our understanding of human interdependence literacy as: Developing critical capacities to not only understand and assimilate the deep meaning of human interdependence, but also be able to act on its principles in our daily lives. It also means how we enhance our cognitive capabilities to comprehend the complexities involved in the micro and macro dimensions of the phenomenon of human interdependence and contribute to its realization at all levels of our life and society. It also entails developing our traditional, indigenous and cultural knowledge, which underlined the essence of human interdependence. It is only then we will be able to promote peaceful coexistence in its real sense.

**Vedabhyas Kundu:** Munazah, in view of the expansion of the forces of fragmentation across the world, I think we should expand our understanding of human interdependence literacy. Human interdependence literacy is an important pillar of our concept of Joyful Talisman, the set of human values that we need to nurture to be able to remain happy and joyful. Also as we are trying to promote the essence of human interdependence literacy as a pillar to negotiate the challenges of fragmentation, divisiveness and erosion of values which binds us

together, it is imperative that we should expand this concept.

Also, Munazah I strongly believe that human interdependence manifests across significant domains of psychology, notably one among them is evolutionary psychology, which delves into the impact of natural selection on human behavior and cognition. As we know Munazah, the evolutionary perspective to psychology helps us to the assumption on how many of our core behaviours and the way we process information are essential the result of evolution.

According to Buller (2005), “Human nature consists of a set of psychological adaptations that are presumed to be universal among, and unique to, human beings.” Further, if we read different writings of evolutionary psychologists we will find how it provides profound insights into the central role of fundamental human dynamics like cooperation, social bonding, and group dynamics, shedding light on their indispensable contribution to the intricate tapestry of human interdependence.

Evolutionary psychologists talk about how humans have developed a propensity to establish social bonds and engage in cooperation due to the advantageous outcomes these behaviors offer for survival and reproduction. This is evident by gazing examples across history, collaborative efforts within groups have facilitated the acquisition of resources, safeguarded against predators, and ensured the care and upbringing of offspring.

Munazah, to my mind in essence, evolutionary psychology serves as a foundational tool for exploring the profound origins of human interdependence and elucidating the intricate processes that have sculpted our social fabric across epochs.

Another area of psychology which I think is crucial



in our understanding of human interdependence literacy is environmental psychology. According to the Journal of Environmental Psychology, the whole area of environmental psychology can be defined as:

“The scientific study of the transactions and interrelationships between people and their physical surroundings (including built and natural environments, the use and abuse of nature and natural resources, and sustainability-related behavior).”

(<https://positivepsychology.com/environmental-psychology/>)

Hence, we can understand environmental psychology as the interplay between the people and their environment. In this field, we can explore how the environment impacts us, how we can make use of our knowledge of the environment and it's for our well-being- not just the well-being of human beings, but also the nature and other living beings. Further, this field of environmental psychology can help us to improve our relationship with the world around us.

Positive Psychology serves as yet another psychological discipline intricately connected to human interdependence. In the realm of human interdependence, positive psychology as a discipline investigates the elements that foster human flourishing and well-being. It acknowledges the significance of social connections, relationships, and community support in enhancing both individual and collective happiness and thriving.

Positive psychology underscores the importance of meaningful social connections and relationships in nurturing happiness and well-being. Studies indicate that robust social bonds enhance life satisfaction and resilience, showcasing the interconnectedness of human happiness.

It additionally recognizes the essential function of

social support networks in difficult circumstances and periods of stress. The existence of a supportive community boosts individuals' capacity to manage challenges and cultivates mental resilience, underscoring the crucial significance of human interdependence in nurturing general well-being.

It explores the advantages of altruism and prosocial behavior, benefiting not only the recipient but also the giver. Acts of kindness, generosity, and cooperation bolster social connections and cultivate a feeling of interconnectedness among individuals, resulting in enhanced overall well-being.

The insights gleaned from various branches of psychology underscore the fundamental importance of human interdependence in our world. They underscore the necessity for unity among individuals to ensure not only their own well-being but also the survival of the entire human species. Munazah, this is why I firmly believe that both of us are apt to promote the idea of human interdependence literacy especially in a world that we are living today.

**Munazah Shah:** Vedabhyas, you have rightly pointed out the realization of the significance of essential unity of human beings in our pursuit to be human interdependence literate. The core is the realization that I cannot gain while I make others suffer- whether other human beings, nature or other living beings. Here Mahatma Gandhi articulates on the importance of the essential unity of human beings as he notes, “I do not believe...that an individual may gain spiritually and those who surround him suffer. I believe in advaita, I believe in the essential unity of man and, for that matter, of all that life's. Therefore, I believe that if one man gains spiritually, the whole world gains with him and, if one man falls, the whole world falls to that extent. (Young India, 4-12-1924)

Mahatma Gandhi believed in the cosmocentric nature of human beings where they are only one part of the whole universe and it is a fundamental pillar of his idea of nonviolence. This deep understanding of the cosmocentric nature should be the guiding force behind our relationships with other human beings, nature and other living beings. It is only then we can genuinely challenge the great forces of fragmentation.

**Vedabhyas Kundu:** Definitely, Munazah the nurturing of empathy, love, kindness, gratitude and compassion are essential pillars of our endeavours to be human interdependent literate. They are key ingredients for us to measure our nonviolent footprints. Also, to my mind another important feature of human interdependence literacy should be our critical abilities to be able to resolve conflicts constructively and as Mahatma Gandhi underlined finish the antagonism not the antagonists. If we have to celebrate the essential unity of all human beings in the real sense, I think all conflicts should aim at transformation of relationships and not erosion of relationships. The transformation of the heart in the real sense should be an important pillar of human interdependence literacy.

Further our idea of human interdependence literacy should enable us to practice the ancient Indian aphorism taken from the Chapter 6 of the Maha Upanishad, Vasudhaiva Kutumbakam in its real sense and spirit. It means the world is one family. In the backdrop of the fragmentation and divisiveness that we discussed, nurturing the spirit of Vasudhaiva Kutumbakam has become a global necessity. It reflects the idea of global citizenship, cross-cultural understanding, develop deep respect for each other's culture and traditions, and paves way for deep engagement between global citizens on issues confronting our planet collaboratively.

Here, Munazah while we are trying to put together

the essential elements and pillars of human interdependence literacy, what is needed is to promote it right from school level. The spirit of human interdependence literacy should be able to percolate in institutions like families, the places where we study or work, in businesses and in the society at large. Then only we would be able to realize the actual benefits of being a human interdependent literate person. How do you think we should work to realize this goal of a human interdependent literate world? What framework would you suggest to be able to percolate this idea at different levels of our society?

Munazah Shah: You've posed some pertinent queries, Vedabhyas. Realizing the goal of a human interdependent literate world may necessitate a multifaceted approach encompassing aspects such as awareness, education, technology, culture, and societal values. Initiatives like launching educational campaigns tailored for schools, universities, and communities could play a pivotal role in instilling the principles of human interdependence. These efforts might involve curriculum enhancements, hosting workshops, seminars, and engaging in interactive learning activities. This approach will help foster an understanding of the concept of human interdependent literacy starting from the grassroots level.

Additionally, launching collaborative projects that engage a range of stakeholders, including governments, voluntary organizations, businesses, and civil society organizations, can extend the reach of the concept by addressing global challenges through the lens of interdependence.

Teaming up with media outlets and harnessing the power of the digital media to raise awareness through various channels such as articles, documentaries, interviews, and social media

campaigns can be instrumental.

Furthermore, leveraging digital platforms and online communities to disseminate information, resources, and success stories pertaining to human interdependence literacy can be impactful. Developing compelling content such as videos, podcasts, and info graphics can help broaden the reach and engage a wider audience.

Moreover, involving young people in discussions and activities that underscore the significance of comprehending interconnectedness and nurturing global citizenship can be crucial. Empowering youth to advocate for positive change within their communities and on a broader scale can catalyze impactful transformations and can serve as a catalyst for integrating the concept of human interdependence literacy into society.

Another significant avenue involves facilitating cultural exchange programs and intercultural dialogue to foster mutual understanding and appreciation of diverse perspectives. By highlighting the shared humanity that transcends geographical, cultural, and ideological boundaries, we can further promote the concept of human interdependence literacy in society.

Moreover, proponents of policies at the local, national, and international levels can prioritize cooperation, solidarity, and sustainable development while also underscoring the advantages of policies that foster inclusive growth and tackle systemic inequalities.

Lastly, maintaining continuous communication and engagement with stakeholders to sustain discussions about human interdependence is undeniably a critical aspect that cannot be overlooked and needs to be taken right from the local level to the global level.

By implementing these strategies and nurturing a collective comprehension of human

interdependence, we can cultivate a more interconnected and resilient global community and tackle shared challenges while striving towards our common objectives of furthering a culture of peace and nonviolence.

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Gandhi Smriti and Darshan Samiti and writes in areas of Gandhian Philosophy, nonviolent communication, nonviolent conflict resolution and media literacy.

#### **Ms Munazah Shah** is a senior news anchor.

She specializes in areas of Gandhian nonviolent communication and inner transformation.

# The Changing Face of Social Behaviors in the Age of Social Media and AI

Narayan S Kumar



## 1. CHILDHOOD (0-12 YEARS)

In childhood, children's brains develop rapidly and they learn new things. To maintain better mental health at this age, parents and teachers should love, protect, and guide them appropriately.

The best way to provide emotional stability to children is to talk to them openly and to involve them in activities that build their self-esteem. The child should be treated immediately if any mental problems arise during this time, such as difficulty concentrating, fear or anxiety, so that they can move forward in a healthy mental state.

## 2. ADOLESCENCE (13-19 YEARS)

During adolescence, teens face hormonal changes, physical changes, and mental challenges, as well as concerns about self-image, social pressure, academic stress, and career development.

In order to keep teenagers mentally healthy during this time, parents and teachers need to empathize with them. This age is one of self-reliance and self-reflection, so they should be encouraged to take up yoga, meditation and physical activities in order to cultivate a positive attitude.

## 3. YOUTH STAGE (20-35 YEARS)

With this age comes responsibilities such as starting a career, stability in relationships, and independence, which can be challenging for mental health.

To avoid mental stress, it is necessary to develop time management, self-care and positive thinking. Many people at this age face problems like depression, anxiety and insecurity. To maintain mental health, it can be useful to maintain social contact, take interest in your hobbies and consult a mental health specialist if needed.

#### **4. MIDDLE AGE (36-60 YEARS)**

Middle age is a mix of stability and new challenges in life. In this stage, a person moves towards success in his career, but the pressure of family and social responsibilities also increases. At this time, maintaining a balance between work and life is very important for mental health.

This is also the time when changes start occurring in physical health, which can also cause mental stress. To stay mentally healthy, it is important to maintain a balanced diet, regular exercise and positive thinking. At this age, a person should try to stay connected with family and society so that he can remain mentally strong.

#### **5. OLD AGE (AFTER 60 YEARS)**

Old age affects both the body and the mind. Loneliness, health problems and reduced social interaction during this time can affect mental health. Many senior citizens experience depression and anxiety as they face circumstances such as retirement, physical frailty and family separation.

To maintain mental health during this time, the elderly should remain active, such as taking regular walks, meeting friends and family members and sharing their experiences. Yoga and meditation are extremely beneficial for mental health. Apart from this, they should be encouraged to learn new things and engage in creative activities.

### **WAYS TO MAINTAIN MENTAL HEALTH**

#### **1. Exercise regularly**

Physical activities help reduce mental stress and improve mood. Regular exercise releases happy hormones in the brain, which help maintain better mental health.

#### **2. Eat a balanced diet**

A healthy diet helps in proper functioning of the brain and reduces depression and anxiety. Eating a

diet rich in green vegetables, fruits, nuts and protein improves mental health. Excessive consumption of caffeine and junk food should be avoided.

#### **3. Do meditation and yoga**

Meditation and yoga provide mental peace and help control anxiety. Meditation can keep the mind calm and emotions can be controlled better.

#### **4. Maintain social contact**

Staying connected with family and friends strengthens mental health and removes loneliness. Social interaction promotes mental health and provides positive energy to the person.

#### **5. Learn new things**

Pursuing new skills or hobbies keeps the mind active and maintains mental balance. Learning a new language, reading books, listening to music and traveling are very beneficial for mental health.

It is important to take care of mental health as you grow older so that you can maintain quality of life and have a positive attitude. Prioritizing mental health is essential for a healthy and happy life.

Mental health is important at every stage of life. From childhood to old age, it is necessary to maintain mental balance at every stage so that a person can face the challenges of life and live a happy life. Regular exercise, balanced diet, meditation and social interaction are extremely important to maintain mental health.

Physical and mental changes are natural with age, but their impact can be reduced with the right care and positive attitude. By giving priority to mental health, we can provide a happy and healthy life not only to ourselves but also to our family and society.



# Celebrate Earth Day with Our Elders

Ms. Savita More



Earth Day is a special day to love and care for our planet. Even our grandparents and older family members can join in simple, joyful ways! Here's how they can celebrate:

What is Earth Day?

Every year on April 22, people worldwide celebrate Earth Day. It started in 1970 when many realized we must protect nature. Our elders have seen how the Earth has changed over time—they can share stories of cleaner rivers, greener fields, and simpler living. Their wisdom teaches us how to care for our home.

## Easy Ways Elders Can Celebrate Earth Day-

Grow Plants at Home- No need for big gardens! They can grow flowers, herbs, or veggies in small pots on a balcony or windowsill.

- Plants clean the air and give fresh food—great for health too!
- Make Simple Bird Feeders

- Birds help nature by spreading seeds and eating pests.
- Save Energy & Water
- Turn off lights, fans, and taps when not needed.
- Fix leaking pipes—every drop counts!
- Recycle & Reuse
- Separate paper, plastic, glass, and metal for recycling.
- Use old clothes as rags or donate them instead of throwing them away.
- Enjoy Nature Gently
- A short walk in a park or garden refreshes the mind and body.
- Listen to birds, touch leaves, and breathe fresh air—it's good for the soul!
- Teach Old Skills to Save the Earth

Our elders know how to stitch, repair things, cook without waste, and use natural remedies.

When they teach us, we waste less and respect nature more.

## Small Steps, Big Impact!

Even little actions by our grandparents and older loved ones can make a difference. When all generations work together, we keep Mother Earth safe and happy for future children.

*Director at Shanaya Security Systems India Pvt. Ltd. and Partner at S K Enterprises Vadodara;*  
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# ATM WITHDRAWAL CHARGES REVISED FROM MAY 1, 2025

## Prakhar\*

The Reserve Bank of India (RBI) has revised the ATM withdrawal charges across banks in India are set to be revised starting May 1, 2025.

### What Are ATM Withdrawal Charges?

ATM withdrawal charges refer to the fees levied by banks when customers exceed their allotted number of free ATM transactions in a month. These charges apply not only to cash withdrawals but also to balance inquiries and non-financial services once the free limit is used up.

### RBI's Guidelines on Free Transactions and Charges

The RBI has mandated the following structure for free ATM transactions per month:

- 5 free transactions at own-bank ATMs

- 3 free transactions at other-bank ATMs in metro cities
- 5 free transactions at other-bank ATMs in non-metro cities

These limits remain unchanged as of the latest revision.

### New Charges Effective May 1, 2025

From May 1, 2025, customers exceeding the free transaction limit will face increased charges. The fee for each additional cash withdrawal at any ATM will be ₹23 per transaction plus applicable taxes, up from the previous ₹21. This change applies uniformly to all savings account holders across scheduled commercial banks in India.

Here's a comparative snapshot:

Particulars	Before May 1, 2025	After May 1, 2025
Fee after free limit	₹21 + taxes	₹23 + taxes
Free own-bank ATM transactions	5 per month	5 per month
Free other-bank ATM transactions (Metro)	3 per month	3 per month
Free other-bank ATM transactions (Non-Metro)	5 per month	5 per month
Applicability	All Scheduled Commercial Banks	All Scheduled Commercial Banks

Regulatory Reference: **RBI/2021-22/52 DPSS.CO.OD.No.S-182/06.07.011/2021-22, dated June 10, 2021, and updated as of March 28, 2025.**

\*Prakhar student of DPS Vasant Kunj New Delhi

# Important Days in May (National & International)



**Ms. Shanya More**

- **1st May – International Workers’ Day**

A day to celebrate the hard work and contributions of laborers and the working class across the world.

- **3rd May – World Press Freedom Day**

Highlights the importance of a free press and the need to protect journalists’ rights.

- **4th May – Star Wars Day**

A fun day for fans of the Star Wars series—"May the Fourth be with you!"

- **8th May – World Red Cross & Red Crescent Day**

Honours the humanitarian work done by these organisations globally.

- **9th May – Europe Day**

Celebrates peace and unity in Europe, marking the birth of the European Union.

- **12th May – International Nurses Day**

A tribute to nurses worldwide, observed on Florence Nightingale’s birthday.

- **15th May – International Day of Families**

Focuses on the importance of families in society and their well-being.

- **17th May – World Telecommunication Day**

Promotes awareness about the internet and digital technologies.

- **20th May – World Bee Day**

Raises awareness about bees and other pollinators that are crucial for our ecosystem.

- **21st May – World Day for Cultural Diversity**

Celebrates different cultures and encourages dialogue between them.

- **25th May – National Wine Day**

For all wine lovers—a day to enjoy and appreciate different varieties of wine.

- **28th May – National Hamburger Day**

A tasty celebration of one of America’s most popular fast-food items.

- **31st May – World No Tobacco Day**

Aims to spread awareness about the harmful effects of tobacco use.

- **Second Sunday of May – Mother’s Day**

A special day to honour and appreciate mothers and mother figures.

- **Last Monday of May – Memorial Day (US)**

Remembers and honours the soldiers who died while serving in the US military.

# SFE Activities



## Dynamics of Social Change & Waning Basic Social Institutions



In Panel

**April 12<sup>th</sup> 2025 | SATURDAY |**  
**4.00 pm**

**Live on You Tube & Facebook**  
**Society for Empowerment**

- ❖ Dynamics of Social Change: Urbanization/Economic Development/Globalization/Education & Awareness/Technology and Industrialization.
- ❖ Waning Basic Social Institutions: Family/Marriage/Community
- ❖ Alternatives and Adaptive Institutions: Alternative Family Structures/Digital and Virtual Communities/Progressive Education Models



**Professor S Narayan**  
Anthropologist



**Dr. Jyoti Bindal**  
Vice Chancellor,  
Shri Aurobindo University ,  
Indore

Initiative of Society For Empowerment - Fakirba Gandhi Advanced Learning Centre

<https://www.youtube.com/watch?v=wzT5Usf6Wdw&t=21s>

## सामाजिक संस्थाओं के क्षरण पर सोसाइटी फॉर एम्पावरमेंट की ऑनलाइन परिचर्चा

पटना व्यूरो

पटना। सोसाइटी फॉर एम्पावरमेंट, पटना द्वारा सामाजिक परिवर्तन की गतिशीलता एवं मूलभूत सामाजिक संस्थाओं का क्षीण होता प्रभाव विषय पर एक विचारोत्तेजक ऑनलाइन गोलमेज परिचर्चा का आयोजन किया गया। इस चर्चा में देश के प्रमुख चिंतकों और विद्वानों ने भाग लिया और समाज में तेजी से हो रहे बदलावों के कारण पारिवारिक, सामुदायिक, शैक्षिक और नैतिक संस्थाओं पर पड़ रहे प्रभावों पर

गहन विमर्श किया। इस संवाद में दो विशिष्ट वक्ता शामिल रहे—डॉ. ज्योति बिंदल, कुलपति, श्री अरविंदो विश्वविद्यालय, इंदौर और प्रोफेसर एस. नारायण, प्रख्यात गांधीवादी मानवशास्त्री। डॉ. बिंदल ने सामाजिक बदलाव की गति के चलते परिवारों में घटते भावनात्मक जुड़व, शिक्षा प्रणाली के व्यावसायीकरण और सामाजिक मूल्य आधारित शिक्षा की आवश्यकता पर बल दिया। उन्होंने कहा कि शिक्षा अब केवल बौद्धिक आधारित हो गई है, जबकि

समाज को नैतिकता और नागरिक चेतना की भी उतनी ही आवश्यकता है। नारायण ने गांधीवादी विचारों और सांस्कृतिक दृष्टिकोण से विषय को समृद्ध किया। उन्होंने कहा कि समाज अब अधिकतर बाहरी व्यवस्थाओं पर निर्भर हो जा रहा है, जिससे पारंपरिक संस्थाओं की भूमिका कम हो गई है। उन्होंने जोर दिया कि सामाजिक नैतिकता और आत्मनिर्भरता को पुनः जाग्रत करना होगा।

चर्चा में परिवारों में संवाद की कमी, न्याय व्यवस्था और मीडिया जैसे स्तंभों पर

घटते विश्वास, और युवाओं में सामाजिक कटाव जैसे विषयों पर भी गंभीर चर्चा हुई। वक्ताओं ने इस बात पर सहमति जताई कि सामाजिक परिवर्तन आवश्यक है, लेकिन उसकी दिशा और गति का निर्धारण समाज की चेतना से ही होगा। संस्था ने प्रविष्ट में भी ऐसे मंचों के माध्यम से संवाद और समरसता की प्रक्रिया को आगे बढ़ाने का संकल्प लिया। यह परिचर्चा सामाजिक मूल्यों की पुनर्स्थापना और समावेशी समाज निर्माण की दिशा में एक सार्थक प्रयास रहा।



# SFE Activities



Bihar Sociological Society's Magadh University has awarded  
Life Time Achievement Award to Honorable Chairman  
**Dr. Sachindra Narayan**



# SFE Activities

## CLASSES

*“A senior's body may be older,  
but they're still young at heart.”*

### V. YOGA

**Ms. Malti K. Dave-**  
Certified Yoga Teacher from  
Patanjali University taking  
yoga classes at Ahmedabad



**Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga .**

Yoga brings a spiritual prowess and is an important source of exercise and healthy activity For us it is a way to connect the body, mind and soul in a way that has existed for centuries. Considering the same, SFE has started its Yoga Centre in Ahmedabad where SFE run Yoga classes which is free to all.



### YOGA CLASSES

RUN BY  
SOCIETY FOR EMPOWERMENT- AHMEDABAD

Pl contact K K Dave - A1-104, Aakruti Elegance, Near Godrej Garden City, Trugad road,  
Behind Nirma University, Off S.G.Highway, Ahmedabad – 382470 M- +91 94265 09946



**Skill Development Centre**

**Kasturba Gandhi Learning Centre- Skill Development Centre**  
Vullage Shahpur, Block Bela, District Gaya Bihar , India

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**Patna – Bihar – India**

Skill Development Centre : Kasturba Gandhi Learning Centre- Skill Development  
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